

Arizona WIC Training

Child Nutrition Course



Nutrition Educator Guidebook

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What Will You Learn?

Proper nutrition in childhood can reinforce lifelong eating habits that contribute to a child's overall well-being and help them to grow up to their full potential and a healthy life. Children who don't have healthy diets as young children are likely to continue to make unhealthy choices as teens and adults.

The Child Nutrition LMS course consists of two Modules:

Module 1: Introduction to Child Nutrition

Module 2: Beyond Basics

After completing the Child Nutrition LMS course, you will be able to:

- ◆ Describe physical activity recommendations for children ages 1-5.
- ◆ List three ways to promote physical activity for children ages 1-5.
- ◆ Identify three healthy snacks to offer children.
- ◆ Identify three ways to promote good oral health in children.
- ◆ State the recommendation for daily juice intake for children.
- ◆ Identify four responsibilities of the parent in the feeding relationship.
- ◆ Identify two responsibilities of the child in the feeding relationship.

Instruction Level

Prerequisite for taking the Child Nutrition course: Basic Nutrition Course

Items Needed for this Course

- ◆ Pen or pencil
- ◆ Handouts which discuss physical activity related to children (Activity 1)
- ◆ Access to the WIC Works Resource System website: www.wicworks.nal.usda.gov for resources about dental health in children. (Activity 2)
- ◆ Access to the American Academy of Pediatrics website: www.healthychildren.org for information about dental health in children. (Activity 2)
- ◆ THTM #7: Other Uses for Bottles (Activity 2)
- ◆ THTM #20: Magic Cup (Activity 2)
- ◆ THTM #17: Ten tasteful gifts (Superfoods) (Activity 3)

Recommended Time

- ◆ Approximate time it takes to complete the Child Nutrition LMS course: 2-4 hours
- ◆ Approximate time it takes to complete the face-to-face activities and discussion: 1-2 hours

Things to Remember

- ◆ This guidebook is yours to keep.
- ◆ Feel free to take notes, highlight, or write in the guidebook.
- ◆ Ask your trainer(s) if you need help, have questions about the information in the basic nutrition course, or have questions about additional topics related to child nutrition.
- ◆ Your trainer will be assessing your understanding of the child nutrition information throughout the duration of the course training. The training activities consist of WIC relevant topics and require critical thinking skills to complete. Participation in the face-to-face activities and discussions is expected and essential to successfully complete the child nutrition course. Please see the *Competency Achievement Checklist* at the end of this guidebook.

Module 1: Introduction to Child Nutrition

Begin the LMS Child Nutrition Course. Please complete the steps in the following order:

- ☐ Log onto <https://az.train.org/DesktopShell.aspx>
- ☐ Complete the Child Nutrition Pre-Test.
- ☐ Open the Child Nutrition Online Course
- ☐ Optional: open the Child Nutrition Course Companion Manual to reference throughout the course. Locate the Course Companion Manual by clicking on the “Resources” button within the LMS course.
- ☐ Complete Module 1: Introduction to Child Nutrition
- ☐ Complete Child Nutrition Activity 1, either individually, with the other nutrition educator(s), or with your trainer.
- ☐ Meet with your trainer to discuss the Introduction to Child Nutrition Module and complete the “Think It Through” section for activity 1.

Child Nutrition Activity 1

Brainstorming is a great counseling tool when a WIC participant shows interest in a topic. Brainstorming may help WIC participants think differently and more creatively and help participants develop possibilities for a better future. Brainstorming is a way to accomplish goals by generating lots of new ideas and solutions.

During a brainstorming session, probing is used to encourage participants to engage in the discussion and share more information. Examples include: “uh-huh, go on, yes, I see, tell me more, what else? keep going, mm-hmm, and nodding your head in agreement.” During brainstorming, encourage participants to generate as many ideas as possible and then allow the participant to determine which idea, or ideas, is the best solution.

Think It Through:

- a. The parents of a WIC child ask you about physical activity. What do you tell them about the Dietary Guideline's recommendations for physical activity for children? (Module 1, Slide 18)
- b. With your trainer and other nutrition educators in training, practice brainstorming *outdoor* physical activity ideas for children when the Arizona temperature is beautiful.
- c. With your trainer and other nutrition educators in training, practice brainstorming *indoor* physical activity ideas for children.
- d. What handouts which discuss children's physical activity are available in your clinic?
Varies by clinic



Hint: If needed, each activity identifies a specific slide(s) in the course in which you can find the information necessary to complete the activity.

Module 2: Beyond Basics

Return to the LMS Child Nutrition Course. Please complete the steps in the following order:

- ☐ If necessary, log back onto <https://az.train.org/DesktopShell.aspx>
- ☐ If necessary, re-open the Child Nutrition Online Course.
- ☐ Complete Module 2: Beyond Basics
- ☐ Meet with your trainer and other nutrition educators to discuss Module 2 and complete Child Nutrition Activities 2, 3, 4, and 5.

Child Nutrition Activity 3

Mock Scenario: A mom, Lisa, is in your office for a nutrition education appointment for her 3 year old. Lisa is interested in snack ideas to feed her child.

Think It Through:

- a. What is the purpose of eating snacks? (Module 1, Slide 13)
- b. With your trainer and other training nutrition educators, practice brainstorming healthy snack options.
- c. What handouts with snack ideas are available in your WIC agency, if any?



Hint: If needed, each activity identifies a specific slide(s) in the course or another reference in which you can find the information necessary to complete the activity.

Child Nutrition Activity 4

Where can WIC Nutrition Educators make a big difference? By educating parents/caretakers on the hazards of soft drinks and other sweetened beverages. Scientific evidence concludes that drinking soda and other sugar-sweetened beverages increases a person's risk of being overweight or obese.

Mock Scenario: Sarah has brought her 3 year old daughter, Lily, into the WIC clinic for a certification appointment. Sarah tells you Lily eats about 3 meals per day and snacks in between meals. Lily reportedly drinks 12 ounces of 1% milk per day and 16 ounces of apple juice per day. Sarah says Lily also drinks Capri Sun and Kool-aid daily. From a Nutrition Educator's perspective, a red flag has been raised based on the reported quantity of sweetened beverages Lily drinks daily.

Here is information about the sweetened beverages Lily consumes *every day*:

- 16 ounces of apple juice: 120 calories per 8 ounce serving
- 1 Original Capri Sun: 60 calories per pouch
- 1 pouch of Kool-aid Jammer: 90 calories per pouch

Think It Through:

- a. How many calories per day does Lily drink from sweetened beverages?
- b. If Lily continues to drink this number of calories every day for one week, how many calories per week does she consume?

DID YOU KNOW? It takes 3500 extra calories per week to gain one pound of body weight. At this rate, Lily is gaining 0.78 pounds per week, or about $\frac{3}{4}$ pound, simply from drinking sweetened beverages (2730 calories /3500 calories).

- c. What are the recommendations for daily juice intake for children six years old and younger? (Module 2, Slide 4)

DID YOU KNOW? 4 oz. of apple juice contains the same number of calories as one small apple. If Lily drinks 16 oz. of apple juice, this is equivalent in calories to eating 4 small apples! Here are additional benefits to eating the whole fruit versus juice:

- ◆ More fiber
- ◆ More antioxidants
- ◆ More phytochemicals
- ◆ Biting and chewing an apple stimulate the production of saliva in your mouth, reducing tooth decay by lowering the levels of bacteria.

- d. What are the Dietary Guidelines recommendations for fluid and children? (Module 2, Slide 2)

Child Nutrition Activity 4, continued

- e. To learn more about calories and sugar in various sweetened beverages, review Table 1, “Drink Comparison Chart.” Calculate the number of teaspoons of sugar Lily consumes *every day* from sweetened beverages.
 - 16 oz. Treetop apple juice:
 - 1 Original Capri Sun:
 - 1 pouch of Kool-aid Jammer:
 - Daily *total* for teaspoons of sugar:

- f. If Lily eliminated her intake of the capri sun and kool-aid, and decreased her apple juice intake to 4 ounces per day, how many teaspoons of sugar would she consume every day from sweetened beverages?

Table 1

Drink Comparison Chart

* The serving size on this chart is not necessarily equivalent to the recommended serving for children ages 1-5.

Drink	* Size (oz. = ounces)	Total Calories	Grams (g) and Teaspoons (tsp.) of sugar
Apple Juice (100% Juice)			
Langers & Treetop	8 oz.	120	26g = 6 ½ tsp.
Seneca & Shurfine	8 oz.	110	26g = 6 ½ tsp.
Western Family	8 oz.	110	28g = 7 tsp.
Old Orchard	8 oz.	120	27g = 6 ¾ tsp.
Grape Juice (100% Juice)			
Langers, Grape & White Grape	8 oz.	160	36g = 9 tsp.
Welch's	8 oz.	140	36g = 9 tsp.
Shurfine, Western Family, Old Orchard	8 oz.	160	40g = 10 tsp.
Grapefruit Juice (100% Juice)			
Simply Grapefruit	8 oz.	90	18g = 4 ½ tsp.
Orange Juice (100% Juice)			
Simply Orange	8 oz.	110	22g = 5 ½ tsp.
Tree Top, Old Orchard	8 oz.	120	25g = 6 ¼ tsp.
Pineapple Juice (100% Juice)			
Langers	8 oz.	130	30g = 7 ½ tsp.
Tomato Juice (100% Juice)			
Campbell's	8 oz.	50	7g = 1 ¾ tsp.
Soft Drinks			
Coke, Pepsi, & Sprite	8 oz.	100	27g = 6 ¾ tsp.
Mountain Dew	8 oz.	110	31g = 7 ¾ tsp.
Other Sweetened Drinks			
Agua Fresca (fresh squeezed fruit + sugar)	2 Tablespoons sugar	96	24g = 6 tsp.
Capri Sun – Original	1 pouch	60	16g = 4 tsp.
Capri Sun – 100% Juice	1 pouch	80-100 (varies by flavor)	18-21g = 4 ½ - 5 ¼ tsp.
Gatorade, Powerade	8 oz.	50	14g = 3 ½ tsp.
Kool-aid Burst – Cherry, Grape, Tropical Punch	6.75 oz. bottle	100	23g = 5 ¾ tsp.
Kool-aid Jammers – all flavors	1 pouch	90	24g = 6 tsp.
Nestle's Nesquick, powdered, chocolate & strawberry	2 Tablespoons	60	14g = 3 ½ tsp.
Nestle's Nesquick, syrup, chocolate & strawberry	1 Tablespoon	50	12-13g = 3 tsp.
Sunny Delight	8 oz.	60	14g = 3 ½ tsp.
Tampico Flavored Punch	8 oz.	130	30g = 7 ½ tsp.
Sweetened Teas			
Arizona Sweet Tea – Original, Raspberry, and Lemon	8 oz.	90	23g = 5 ¾ tsp.
Nestea Sweet Tea, powdered	8 oz. (1 1/3 Tbsp powder)	60	15g = 3 ¾ tsp.
Nestea Iced Tea – Lemon	8 oz.	80	22g = 5 ½ tsp.

Child Nutrition Activity 5

WIC employees have an opportunity to create an environment where parents feel safe disclosing the struggles they may be having with feeding or with their child's eating, and where families can receive developmentally appropriate information and support to help them provide both love and structure for their young child.

This activity focuses on Ellyn Satter's Division of Responsibility in Feeding (Module 2, Slide 7 and 8).

Instructions:

First: Have each nutrition educator take Ellyn Satter's, "Feeding Your Child" assessment.

Second: Once the assessment is complete, have the nutrition educator complete Ellyn Satter's Scoring Sheet.

Third: Discuss the "Think It Through" section **with your trainer**.

Think It Through:

- a. What is your initial reaction to the ideas presented in Ellyn Satter's Division of Responsibility in Feeding?
- b. In your opinion, what is the most important idea generated by completing the assessment?
- c. What are the parent's four responsibilities in the feeding relationship?
- d. What are the child's two responsibilities in the feeding relationship?
- e. How might Ellyn Satter's Division of Responsibility in Feeding apply in the WIC setting?

Child Nutrition Post-Test Completion

Return to the LMS Child Nutrition Course

- ☐ Log onto <https://az.train.org/DesktopShell.aspx>
- ☐ Complete the Child Nutrition Post-Test.
- ☐ Share the results of your Post-test with your trainer.

Competency Achievement Checklist / Child Nutrition Curriculum

Nutrition Educator's Name _____

Local Agency _____

Trainer: Evaluate the nutrition educator's competency of the child nutrition information upon completion of the LMS course, all learning activities, and all discussion.

Competency Achievement Checklist Child Nutrition Curriculum			
At this checkpoint:	Evaluate this:	Competency Achievement Date	Initials
LMS Pre-test	Nutrition educator completed the LMS Pre-test.		
Learning Activities	Nutrition educator accurately <i>completed</i> all activities specified for this course.		
	All activities were <i>discussed</i> with the nutrition educator and reviewed for accuracy.		
Competencies	Nutrition educator is able to describe physical activity recommendations for children ages 1-5.		
	Nutrition educator is able to identify three ways to promote physical activity for children ages 1-5.		
	Nutrition educator is able to identify three ways to promote good oral health in children.		
	Nutrition educator is able to identify three healthy snacks to offer children.		
	Nutrition educator knows the recommendation for daily juice intake for children.		
	Nutrition educator is able to identify four responsibilities of the parent in the feeding relationship.		
	Nutrition educator is able to identify two responsibilities of the child in the feeding relationship.		
LMS Post-test	Nutrition educator has achieved a score of 80% or better.		

I verify _____ has achieved the learning objectives of the *Online Child Nutrition Course* and is competent to continue with WIC training.

The nutrition educator meets the criteria set by the State to receive a *Certificate of Completion* for this course.

Trainer(s) Signature _____ Date _____

***File the signed competency achievement checklist in the appropriate personnel file in accordance with WIC policy.**